

**FEB 2007**



## FFSC CALENDAR OF WORKSHOPS

Naval Base San Diego \* Naval Base Coronado \* Naval Base Point Loma

### Transition & Spouse Employment

For registration or more information on the following workshops, please call 619/545-6071.

#### CONSEP 2 (Career Options and Navy Skills Evaluation

##### Program)

February 20-23, Tuesday-Friday, 7:30 AM-4:30 PM, NBSD, Bldg. 263, Classroom 3

#### Finding Federal Employment

February 5, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3  
February 6, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3  
February 13, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1  
February 22, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room

#### Introduction to Owning Your Own Business

February 13, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3  
February 22, Thursday, 5:00 PM-7:00 PM, NBC, Bldg. 318, Conference Room

#### Resume Writing

February 7, Wednesday, 9:00 AM-11:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416  
February 8, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room  
February 20, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 4  
February 27, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1

#### Winning Interview Techniques

February 6, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1  
February 15, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room  
February 26, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3  
February 27, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3



### Did you know FFSC offers:

- Information and Referral
- Ombudsman Support
- Exceptional Family Member Program
- General Life Skills Education
- Clinical Counseling
- Family Advocacy Program
- Deployment Services
- Relocation Assistance
- Transition Assistance
- Spouse Employment Assistance
- Personal Financial Management
- Sexual Assault Intervention



For a full description of FFSC workshops and to register for classes, visit us at [www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc)

All active duty, reservists, retirees, DoD personnel, and their family members are invited to attend these programs and use The Fleet & Family Support Center services.

### Financial

For registration or more information on the following workshops, please call 619/545-6071.

#### Car Buying Strategies

February 20, Tuesday, 2:00 PM-3:30 PM, NBSD, Bldg. 263, Classroom 4

#### Command Financial Specialist Training (CFS)

February 12-16, Monday-Friday, 7:30 AM-4:00 PM, NBSD, Bldg. 259, Classroom 1

#### Credit Management

February 8, Thursday, 3:00 PM-4:00 PM, NBC, Bldg. 318, Conference Room

#### Developing Your Spending Plan (Basic Money Management)

February 1, Thursday, 1:30 PM-3:00 PM, NBC, Bldg. 318, Conference Room

#### Identity Theft

February 27, Tuesday, 2:00 PM-3:30 PM, NBSD, Bldg. 263, Classroom 3

#### Home Buying

February 7, Wednesday, 1:00 PM-4:00 PM, NBPL, Bldg. 211, Classroom 1

#### REDUX and the \$30,000 Bonus

February 22, Thursday, 3:00 PM-4:00 PM, NBC, Bldg. 318, Conference Room

#### Savings and Investments

February 21, Wednesday, 2:00 PM-3:30 PM, NBPL, Bldg. 211, Classroom 1

#### Thrift Savings Plan (TSP)

February 6, Tuesday, 2:00 PM-3:30 PM, NBSD, Bldg. 263, Classroom 3



## The ART of SUCCESSFUL INVESTING

February 6, Tuesday, 12:00 PM-1:30 PM,  
NBSD, Bldg. 263, Classroom 3

Naval Base Coronado (NBC)  
619/545-6071 • Bldg. 318  
Mon-Fri, 7:30 am - 4:30 pm

Naval Base San Diego (NBSD)  
619/556-7404 • Bldg. 259 & 263  
Monday 7:30 am - 7:00 pm  
Tue-Fri, 7:30 am - 4:30 pm

Naval Base Point Loma (NBPL)  
619/553-8306 • Bldg. 211 & 212  
Mon-Fri, 7:30 am - 4:30 pm

~We will be closed, Monday, February 19th, in observance of President's Day.~

# Parenting, Family, Counseling

For registration or more information on the following workshops, please call 619/553-4744, *unless otherwise noted*, or log on to our website at [www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc)

## Adults Molested As Children (AMAC Group for Women)

Group therapy is available in 8-week, psycho-educational groups. Call the Counseling Dept. at 619/545-6071 for more details. Mondays, 2:00 PM-4:00 PM, NBC, Bldg. 318

## Boot Camp For New Dads

To register, call 619/532-6846.

## Couples Conflict Resolution

### (How To Fight Fair In Love And Marriage)

February 21, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 2

## Deployed Spouse Support Group

Call 619/556-7404 or 619/545-6071  
Thursdays, 8:30 AM-10:00 AM, NBSD, Bldg. 263, Classroom 4

## Effective Parenting Class

February 6-27, Tuesdays, 9:00 AM-4:00 PM, NBSD, Bldg. 259, Classroom 2

## Engaged and Married Couples Workshop (PREP)

February 27, Tuesday, 8:00 AM-4:00 PM, NBC, Bldg. 318, Learning Center

## Individuals, Couples, & Family Counseling

Mondays, 7:30 AM-7:00 PM, NBSD  
Tuesday-Friday, 7:30 AM-4:30 PM, NBSD  
Monday-Friday, 7:30 AM-4:30 PM, NBC or NBPL  
Fridays, 8:00 AM-5:00 PM, Murphy Canyon Chapel Annex (by appt. only)

## Navy New Parent Support Program's In-Home Parenting Classes

Parenting support available in your home! To schedule an appointment or for more information, call 619/556-8812.

## Responsible Anger Management

To register, call 619/553-4744  
February 5, 7, 12, 14, Mon & Wed, 5:00 PM-8:00 PM, NBSD, Bldg. 259, Classroom 2  
February 22-23, Thurs-Fri, 9:00 AM-2:00 PM, NBPL, Bldg. 140, Classroom 120

# Personal Improvement

For registration or more information on the following workshops, please call 619/556-7414 or email [FFSCMobility@navy.mil](mailto:FFSCMobility@navy.mil).

## Decision-Making and Resource Management

February 13, Tuesday, 10:00 AM, 11:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416  
February 14, Wednesday, 10:00 AM, 11:00 AM, NBPL, Bldg. 211, Classroom 1  
February 20, Tuesday, 10:00 AM, 11:00 AM, NBSD, CB Village, Bldg. 3535  
February 28, Wednesday, 10:00 AM, 11:00 AM, NBC, Bldg. 318, Conference Room

## Goal Setting

February 13, Tuesday, 2:00 PM, 3:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416  
February 14, Wednesday, 2:00 PM, 3:00 PM, NBPL, Bldg. 211, Classroom 1  
February 20, Tuesday, 2:00 PM, 3:00 PM, NBSD, CB Village, Bldg. 3535  
February 28, Wednesday, 2:00 PM, 3:00 PM, NBC, Bldg. 318, Conference Room

## Team Building,

February 13, Tuesday, 9:00 AM, 10:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416  
February 14, Wednesday, 9:00 AM, 10:00 AM, NBPL, Bldg. 211, Classroom 1  
February 20, Tuesday, 9:00 AM, 10:00 AM, NBSD, CB Village, Bldg. 3535  
February 28, Wednesday, 9:00 AM, 10:00 AM, NBC, Bldg. 318, Conference Room

## Your Time; Make The Most of It

February 13, Tuesday, 1:00 PM, 2:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416  
February 14, Wednesday, 1:00 PM, 2:00 PM, NBPL, Bldg. 211, Classroom 1  
February 20, Tuesday, 1:00 PM, 2:00 PM, NBSD, CB Village, Bldg. 3535  
February 28, Wednesday, 1:00 PM, 2:00 PM, NBC, Bldg. 318, Conference Room



# Life Skills

For registration or more information on the following workshops, please call 619/553-4744 or log on to our website at [www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc)

## Building Effective Anger Management Skills (BEAMS)

February 8, Thursday, 9:00 AM-11:00 AM, NBSD, CB Village, Bldg. 3535  
February 21, Wednesday, 2:00 PM-4:00 PM, NMC, Bldg. 26, 1st Fl.  
February 28, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3

## Building Self-esteem and Assertiveness

February 9, Friday, 1:00 PM, 3:00 PM, NBPL, Bldg. 211, Classroom 1

## Dealing with Stress

February 7, Wednesday, 2:00 PM-4:00 PM, NMC, Bldg. 26, 1st Fl.  
February 14, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3

## Parenting Tips

February 7, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3

## Conflict Resolution

February 23, Friday, 1:00 PM, 3:00 PM, NBPL, Bldg. 211, Classroom 1

# Relocation, Info & Referral

For registration or more information on the following workshops, please call 619/556-7414 or email [FFSCMobility@navy.mil](mailto:FFSCMobility@navy.mil).

## Active Duty Pregnancy Resources Workshop

February 5, Monday, 4:30 PM-7:30 PM, NBSD, Bldg. 259, Classroom 1  
February 15, Thursday, 1:00 PM-4:00 PM, NBPL, Bldg. 211, Classroom 2

## Command Family Care Plan Coordinator Training

February 14, Wednesday, 11:00 AM-12:00 PM, NBC, Bldg. 318, Conference Room

## Command Sponsor Coordinator Training

February 14, Wednesday, 10:30 AM-11:30 AM, NBSD, CB Village, Bldg. 3535

## Command Sponsor Training

February 21, Wednesday, 1:00 PM-2:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416

## Developing Your Family Care Plan

February 14, Wednesday, 10:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room  
February 22, Thursday, 10:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 2

## EFM Command Point of Contact (POC) Training

February 6, Tuesday, 8:30 AM-9:30 AM, NBSD, Bldg. 259, Classroom 1

## Exceptional Family Member Program (EFMP) Orientation

February 8, Thursday, 9:00 AM-10:00 AM, NBPL, Bldg. 211, Classroom 1  
February 12, Monday, 5:30 PM-6:30 PM, NBSD, Bldg. 263, Classroom 3

## International Spouse Orientation

February 21, Wednesday, 10:00 AM-11:30 AM, NBC, Bldg. 318, Conference Room

## Spouse Readiness Workshop...Resources for the Military Family

February 28, Wednesday, 10:00 AM-11:30 AM, NBSD, Bldg. 259, Classroom 1

## Transferring Overseas.. More Resources & Less Stress for Your Next PCS!

February 13, Tuesday, 2:00 PM-3:30 PM, NBPL, Bldg. 211, Classroom 2  
February 27, Tuesday, 11:00 AM-12:30 PM, NBC, Bldg. 318, Conference Room

## Transferring within CONUS.. More Resources & Less Stress for Your Next PCS!

February 15, Thursday, 3:00 PM-4:30 PM, NBC, Bldg. 318, Conference Room  
February 26, Monday, 5:30 PM-7:00 PM, NBSD, Bldg. 259, Classroom 2

